



Popcorn Cauliflower

Ingredients:

- 1 packet Splenda/Stevia
- 2 tsp salt
- 1 tsp paprika
- 1 tsp ground turmeric
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 heads cauliflower, cut into bite-size pieces
- cooking spray

Directions:

1. Preheat oven to 400° F. Line a baking sheet with aluminum foil.
2. Whisk sugar, salt, paprika, turmeric, onion powder, and garlic powder together in a bowl.
3. Spread cauliflower onto the prepared baking sheet; spray liberally with cooking spray.
4. Season cauliflower with spice mixture.
5. Roast in the preheated oven until cauliflower is tender, 30 to 35 minutes.
6. Enjoy!

Servings: makes 4 servings.

Each serving = 1 cup select vegetables.

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